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SOYBEANS FOR THE TABLE

A radio conversation between Miss Ruth Van Deman, Bureau of Home Economics, Mr. Wallace Kadderly, Office of Information, and Mr. E. J. Rowell, Bureau of Agricultural Economics, broadcast Thursday, November 10, in the Department of Agriculture period of the National Farm and Home program, by the National Broadcasting Company and a network of 93 associate radio stations.

WALLACE KADDERLY:

And now Ruth Van Deman, with another week's grist of news from the Bureau of Home Economics. Miss Van Deman. What's all this, Ruth, you're giving me here.

RUTH VAN DEMAN:

Some of the grist. Here's Exhibit A. ----- Exhibit B.

KADDERLY:

Am I to open these up, now?

VAN DEMAN:

By all means.

KADDERLY:

Exhibit A comes in a sealed envelope. Ruth, this envelope looks strangely like the kind we mail bulletins in. (tears open envelope)

VAN DEMAN:

Very strangely like that.

KADDERLY:

Um--m! Another new leaflet--"Soybeans for the table". Very nice.

VAN DEMAN:

Like the cover?

KADDERLY:

Very much. Soybeans clear to the edge, Soybeans with the fuzz on the pods.

ROGERS:

So that's the way a soybean looks.

VAN DEMAN:

Yes, in the shell, and out of the shell ready to cook.

ROGERS:

I've heard you Department of Agriculture people talking about soybeans, all these years and years, but I've never seen even a picture of one before.

VAN DEMAN:

Haven't you ever tasted one?

(over)

ROGERS:

Never.

VAN DEMAN:

Wallace, Exhibit B.

KADDERLY:

(Shaking box) It rattles.

VAN DEMAN:

But 'twont bite. It won't even jump like the Mexican jumping beans.

KADDERLY:

(Opening box) These look like salted nuts.

VAN DEMAN:

Taste them.

KADDERLY:

Here, Rogers, you're in on this.

VAN DEMAN:

And, Mr. Rowell, don't you want to try a salted soybean?

ROGERS:

Sure you're not fooling us, Miss Van Deman? Are these really soybeans?

VAN DEMAN:

Honor bright. They're dry soybeans---soaked overnight in water---then fried in deep fat, and salted, just like peanuts or any kind of nuts.

E. J. (MIKE) ROWELL:

They certainly taste like salted nuts.

KADDERLY:

Rich and crunchy. But of course soybeans do have lots of oil in them.

VAN DEMAN:

Yes, dry soybeans are about 18 percent fat. Then these of course were fried in deep fat, probably in peanut oil. That added a little more.

ROGERS:

Would you recommend salted soybeans for a man who wants to reduce?

VAN DEMAN:

Not exactly, Mr. Rogers. Even though soybeans aren't so rich as salted nuts, I wouldn't call them exactly thinning.

ROWELL:

Rogers, you know the definition of a strong-minded man - - -

ROGERS:

Yea, I know---a man who reaches for only one salted nut. But it's hard to stick to definitions always.

VAN DEMAN:

Well, the thing that interests lots of people about soybeans is their protein. Soybeans are almost in a class by themselves as a vegetable rich in protein.

KADDERLY:

Then it is true that soybeans have more protein than any other kind of beans.

VAN DEMAN:

Yes, more protein and more of the kind of protein that the body can use efficiently, to build muscle and tissue.

KADDERLY:

I realize there is protein and protein.

VAN DEMAN:

Depending on its particular make-up---the amino acids as the chemists call them.

KADDERLY:

I've seen what happens when you try to raise experimental animals on a diet without the right kind of protein.

VAN DEMAN:

They looked pretty puny and stunted, didn't they?

KADDERLY:

Yes, they looked almost like dwarfs, as compared with the animals that got a perfect diet.

VAN DEMAN:

That seems to be one of the laws of good nutrition for the human body as well as for the animals. We must have enough protein, and protein of the right sort. When we're young we need it to help us grow. And when we're older, we need it to help us rebuild our body tissues and keep fit. Maybe we're getting a little offside from the soybeans.

KADDERLY:

No, I think it's very helpful to keep this distinction about protein of vegetable foods clearly in mind.

VAN DEMAN:

There's another point about the food value of soybeans that people get a little confused about sometimes.

KADDERLY:

Vitamins?

VAN DEMAN:

No, not vitamins this time. We'll skip over them for once. The dry soybeans haven't been tested thoroughly yet for vitamins. But it was carbohydrate that I was thinking of - - -

KADDERLY:

Carbohydrate? Starch and sugar? All beans are high in those, aren't they?

VAN DEMAN:

No. That's another place soybeans are different. They have only about half as much carbohydrate as other dry beans. And a lot of what they do have is a kind that the body can't make much use of. The dry beans rate as only a 12 percent carbohydrate vegetable. And the fresh green soybeans are only in the 6 percent group. So maybe people who have diabetes, and have to figure up every gram of carbohydrate they eat, will find soybeans, especially the fresh green ones, an interesting new vegetable to add to their list. But that's a question that must be checked with the doctor on the case.

KADDERLY:

Ruth, I've been glancing through your new leaflet here, as we've been talking. You've got recipes here for all sorts of interesting sounding concoctions---soybean casserole---chile con carne with soybeans - - -

ROWELL:

Everything from soup to nuts, as near as I can make out. Sure you haven't an Exhibit C around here somewhere---a thermos bottle full of soybean milk soup?

VAN DEMAN:

Sorry, no more exhibits. And no soybean "milk", in soup or otherwise. But here are the directions for making "milk" from soybeans if you'd like to experiment.

ROWELL:

I think I'll stick to cow's milk.

VAN DEMAN:

I think I will too. But this white milky beverage you can extract from soybeans is very useful sometimes in special diets, or in feeding babies that can't take ordinary milk. That again of course is something for the doctor to decide. And when soybean "milk's" used in a baby's formula, it has to be carefully supplemented to make sure that the minerals, vitamins, and sugar it lacks are properly taken care of.

KADDERLY:

Well, the soybean seems to be a very versatile food.

VAN DEMAN:

Yes, on the last page there of the leaflet you'll see recipes for using soybean flour.

KADDERLY:

I see. Muffins, nut bread, pie crust. But soybean flour hasn't gluten in it, like wheat flour, has it?

VAN DEMAN:

No, practically no gluten at all. It has to be combined with wheat flour. It can't ever take the place of it. Soybean flour is just another product that has special uses. A moment ago, I mentioned the fresh green soybeans - - -

KADDERLY:

I was hoping you'd come back to them. I understand that the Bureau of Plant Industry and the State experiment stations are developing some very good table varieties.

VAN DEMAN:

Yes, the people in our food laboratories have tested some 500 of those new varieties to see which cook quickest and have the best flavor. They've found 15 or 16 very good ones.

KADDERLY:

Personally, I'm looking forward to the time when we can buy fresh green soybeans in the market.

ROWELL:

And I never heard of salted soybeans to eat out of hand this way until today.

KADDERLY:

Say, you fellows, you might leave me a little of the salt.

ROGERS:

Miss Van Deman, are you sure your leaflet tells how to fix these?

VAN DEMAN:

Very sure, bottom of page 3, I think.

KADDERLY:

Well, thank you, Ruth, for Exhibits A and B. And may I say to our listeners that this new leaflet "Soybeans For the Table" is on the free list?

VAN DEMAN:

Yes, indeed. And I hope the demand won't exhaust the supply as happened with "Cooking Beef According to the Cut". My ears are very red about that. And I'd like to apologize right here to anybody who's waiting for a copy of the beef leaflet. We're expecting a reprint any day now, and as soon as it comes we'll get both the beef leaflet and "Meat Dishes at Low Cost" to you as quickly as we can.

KADDERLY:

Ad lib offer of "Soybeans for the Table".

